

PARIS-SORBONNE  
UNIVERSITY ABU DHABI

# SPORT PROGRAMMES FOR UAE RESIDENTS

PACKAGES AND PRICES  
FOR NEW SPORT COURSES



# SPORT PROGRAMMES FOR UAE RESIDENTS

All the packages below are valid for 10 months from October 2017 to 30th June 2018 (or 17th May 2018 for certain activities).

## FITNESS COURSES

For more information on the following courses, click the links below,

**Pilates:** click [here](#)

**Reboot Your Body:** click [here](#)

**Coaching Form:** click [here](#)

**Circuit Training:** click [here](#)

The four courses mentioned above are general fitness courses (with a coach) that will be offered as yearly packages of 9, 18, 27 or 32 sessions for the 2017-18 academic year. These four different packages offer different pricing structures (the larger the package, the cheaper the hour of practice). Guests will use their packages by booking their sports course online with a weekly limit of reservations/bookings.

Coach	Course	9 weeks of session(s)/ year	18 weeks of session(s)/ year	27 weeks of session(s)/ year	32 weeks of session(s)/ year
Yes	<b>Pilates</b> 1 hour per week	800	1,000	1,300	1,500
Yes	<b>Reboot Your Body</b> 1 hour 30 min per week	1,200	1,700	2,000	2,200
Yes	<b>Coaching Form</b> 2 hour per week	1,500	2,000	2,300	2,500
Yes	<b>Circuit Training</b> 1 hour per course twice a week	1,500	2,000	2,300	2,500

## **CLIMBING ACTIVITIES** (click [here](#) for more information)

### **DISCOVERY CLIMBING**

1 hour 30min, maximum twice per week

Discovery climbing includes 6 lessons with a coach for the indoor climbing. These 6 lessons can be used anytime during the year using the online booking system for allocated slots. The goal of this discovery package is to give beginners a basic knowledge about indoor climbing and correct safety procedures.

### **IMPROVEMENT CLIMBING**

1 hour 30 min, maximum twice per week

### **ADVANCED CLIMBING**

2 hours, maximum twice per week

Improvement and advanced climbing packages include climbing sessions targeted at intermediate and expert level climbers. The available yearly packages will include 20, 40, or 60 sessions. Guests will book online in advance in allocated slots (with a limit of two bookings per week).

### **IMPROVEMENT AND SELF TRAINING**

1 hour 30 min for the improvement course, maximum twice per week + 5 courses (max 2 hours each) for self training (depending on the package chosen)

### **ADVANCED AND SELF TRAINING**

2 hours for the advanced course, maximum twice per week + 5 courses (max 2 hours each) for self training (depending on the package chosen)

The two above-mentioned packages target intermediate and expert level climbers and include a mix of coach-led training and self training (without coaching instructions).

There will be three different choices on offer for guests:

- 20 improvement or advanced courses + 20 sessions of self training (5 bookings max per week)
- 40 improvement or advanced courses + 40 sessions of self training (5 bookings max per week)
- 60 improvement or advanced courses + 60 sessions of self training (5 bookings max per week)

## SELF TRAINING

For this package, advanced climbers have a choice to register for 20, 40, 60, or 170 sessions per year, with a limit of 5 booking per week.

Coach	Course	Package for 6 courses
Yes	Discovery Climbing	1,000

Coach	Course	20 sessions/year	40 sessions/year	60 sessions/year
Yes	Improvement Climbing	2,500	3,500	4,500
Yes	Advanced Climbing	3,000	4,000	5,000

Coach	Course	20 slots of courses + 20 sessions self training, 5 per week max	40 slots of courses + 40 sessions self training, 5 per week max	60 slots of courses + 60 sessions self training, 5 per week max	N/A
Yes	Climbing-improvement and self training	3,500	4,500	5,500	N/A
Yes	Climbing-advanced and self training	4,000	5,000	6,000	N/A

Coach	Course	20 slots of self-training per year, 5 sessions max per week	40 slots of self-training per year, 5 sessions max per week	60 slots of self-training per year, 5 sessions max per week	Full package 170 sessions per year, 5 max per week
No Supervision Only	Climbing-self training	3,000	3,800	4,500	5,000

Registration fees will include **insurance** providing coverage during sports practice.

## Courses offered from 8th October 2017 to 30th June 2018

### MULTISPORT (click [here](#) for more information)

A once weekly slot (2 hours) where the coach/supervisor will organise a multi-sport activity/tournament in the main sports hall. It can include a mix of badminton, volleyball and basketball depending on the number of guests present. Guests will book online in advance in allocated slots.

Coach	Courses	Price per session		
		10 sessions/year	20 sessions/year	28 sessions/year
Yes	Multisport	800	1,100	1,300

Registration fees will include **insurance** providing coverage during sports practice.

## Courses offered from 8th October 2017 to 17th May 2018

### TENNIS COURTS RENTAL

The two tennis courts on the roof and one indoor court of the sports building will be available for rent (without coaching-facility rental only) on weekends only (Friday and Saturday) as well as through a yearly membership. The packages available are 36, 72, 108 or 136 sessions. Each guest must reserve a tennis court for 1 hour, and there should be a minimum 2 bookings (2 persons) and a maximum of 4 persons to book 1 court, with a maximum 4 hours per weekend per guest.

Coach	Sport	36 sessions/year	72 sessions/year	108 sessions/year	136 sessions/year
No coach	Tennis	2,800	4,300	5,900	6,500

Registration fees will include **insurance** providing coverage during sports practice.

# ACTIVITIES SCHEDULE

## MORNINGS

**09:00AM TO 12:00PM**

### SUNDAY

**09:00AM TO 10:30AM**

CLIMBING DISCOVERY

### MONDAY

**09:30AM TO 11:00AM**

CLIMBING IMPROVEMENT

### TUESDAY

**10:00AM TO 11:00AM**

PILATES

### WEDNESDAY

**09:00AM TO 10:30AM**

CLIMBING DISCOVERY

### THURSDAY

**09:00AM TO 10:30AM**

REBOOT YOUR BODY

**10:30AM TO 12:30PM**

COACHING FORM

### FRIDAY

**08:00AM TO 10:00PM (ALL DAY)**

TENNIS COURTS

### SATURDAY

**08:00AM TO 10:00PM (ALL DAY)**

TENNIS COURTS

## AFTERNOONS AND EVENINGS

### 4:00PM TO 10:30PM

#### SUNDAY

**5:30PM TO 6:30PM**

BODY CIRCUIT TRAINING

**8:30PM TO 10:30PM**

CLIMBING SELF-TRAINING

#### MONDAY

**4:00PM TO 6:00PM**

CLIMBING SELF-TRAINING

**6:00PM TO 7:30PM**

CLIMBING IMPROVEMENT

**6:00PM TO 8:00PM**

CLIMBING SELF-TRAINING

**8:00PM TO 10:00PM**

CLIMBING ADVANCED

CLIMBING SELF-TRAINING

#### TUESDAY

**5:30PM TO 6:30PM**

BODY CIRCUIT TRAINING

**8:30PM TO 10:30PM**

CLIMBING SELF-TRAINING

#### WEDNESDAY

**4:00PM TO 6:00PM**

CLIMBING SELF-TRAINING

**6:00PM TO 7:30PM**

CLIMBING DISCOVERY

**6:00PM TO 8:00PM**

CLIMBING SELF-TRAINING

**8:00PM TO 10:00PM**

CLIMBING ADVANCED

CLIMBING SELF-TRAINING

#### THURSDAY

**4:00PM TO 6:00PM**

CLIMBING SELF-TRAINING

**6:00PM TO 7:30PM**

CLIMBING IMPROVEMENT

**6:00PM TO 8:00PM**

CLIMBING SELF-TRAINING

MULTISPORTS

#### FRIDAY

**08:00AM TO 10:00PM (ALL DAY)**

TENNIS COURTS

#### SATURDAY

**08:00AM TO 10:00PM (ALL DAY)**

TENNIS COURTS

**4:00PM TO 10:00PM**

CLIMBING SELF-TRAINING

# GENERAL CONDITIONS FOR REGISTRATION

## Courses offered from 8th October 2017 to 17th May 2018

Eligibility for registration for Sorbonne Abu Dhabi (non-student) sports activities:

- **Adults (15 years and above): UAE residents only for all mentioned activities**

## HOW TO REGISTER?

1. Online pre-registration: click [here](#) (desktop computers only, no mobile devices)
  2. You will receive a PDF document by email
    - a. Print the PDF document
    - b. Take it to your medical test (only our form - mandatory)
  3. Make an appointment by emailing [resa.sports@psuad.ac.ae](mailto:resa.sports@psuad.ac.ae)
    - a. On the day of your appointment, bring all the documents listed below
    - b. Pay the fees at the Finance Department by credit card only (no cash accepted)
    - c. Wait 48 hours to receive an email for confirmation of your account activation
    - d. You can start to reserve facilities/courses and use your credit until the 30th June 2018
    - e. Reservation: allowed two weeks in advance
    - f. Cancellation: maximum one hour before
- Documents to be presented for registration:
    - Mandatory medical test results (physical aptitude to practice sports)
    - Valid Emirates ID copy + original
    - Passport copy + original
    - Insurance card copy + original
    - Phone number
    - Email contact and emergency contact number
    - Parental authorisation for under 18 years old guests – original only
    - 2 photos
  - Sports Auditors can register for up to a maximum of 3 courses for this academic year 2017-18



- **Online booking is mandatory for sport courses**

### **CLOSING DATE**

- 22nd December 2017 to 6th January 2018  
(Campus closed during the Christmas vacation)
- 23rd March 2018 to 7th April 2018  
(Campus closed during the Spring vacation)

For more information: [resa.sports@psuad.ac.ae](mailto:resa.sports@psuad.ac.ae)

**Bring your own bottle with you.**

**We will provide the water.....we support a green planet!**

